On-Target

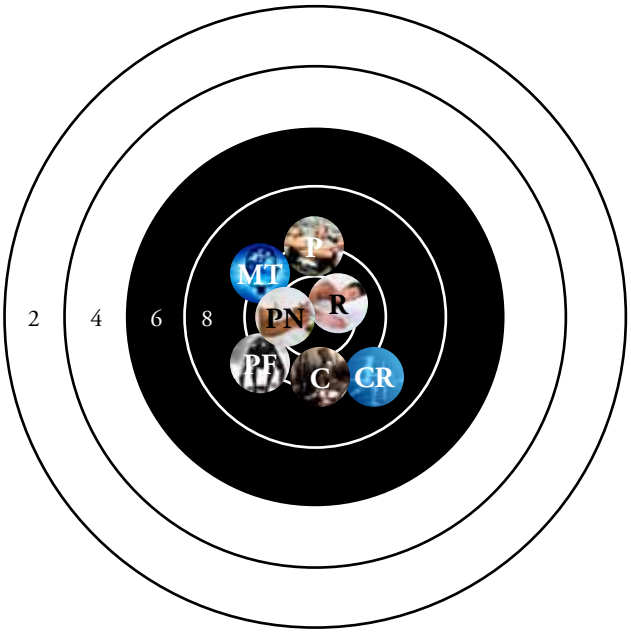
A Compass to Guide You

"Where Are You?"

Instruction: *Your target will act as your compass, assisting in keeping your performance and resilience at its optimal level. Review it regularly and make it an essential part of your life.*

Following the presentation of each Module, plot your shot on the corresponding target

1 (Non-Mastery) to 10 (Mastery).



OSOK includes this targeting system, which enables you (the warrior athlete) to track and monitor your level of performance. Following the completion of each module, you will be asked to answer a number of questions and plot your "shot" on the corresponding module's target sheet. Once you complete all of the module target sheets, your shot group can be analyzed and your current level of performance will be assessed. This will give you an idea of which shot (i.e., module/life system) you need to focus on first. This shot score will act as a compass at any time for keeping you at your peak level of performance; it will pinpoint systems that have become compromised and need attention.

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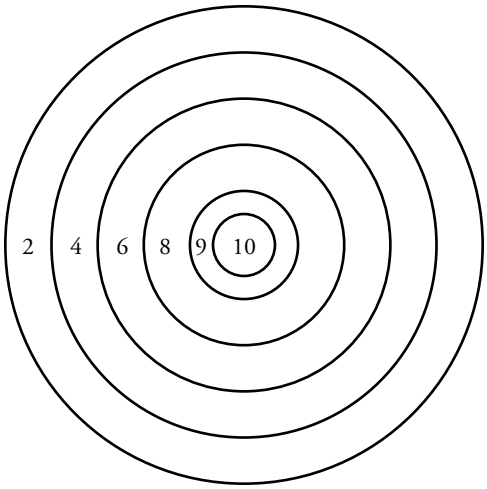
CONTROLLED RESPONSE (CR) SHOT



Module Mastery Assessment										
Rate my ability to:	Non-Mastery ← → Mastery									
• identify when I'm in the Red Zone (e.g. chest breathing, muscles tense)	1	2	3	4	5	6	7	8	9	10
• engage "Overdrive" Red Zone for maximum output when needed	1	2	3	4	5	6	7	8	9	10
• transition easily back to "Idle" Green Zone (e.g. relaxed)	1	2	3	4	5	6	7	8	9	10
• transition easily to "Parked" White Zone (e.g. sleep)	1	2	3	4	5	6	7	8	9	10
• stay physically fit	1	2	3	4	5	6	7	8	9	10
• control "Overdrive" activation (e.g. increased anger = low score)	1	2	3	4	5	6	7	8	9	10

On average, when not on missions: ("Plot your shot")	Yes	No
• I feel relaxed and am not "on edge"	+1	0
• I am headache-free	+1	0
• when I lay down to go to sleep, I sleep very well	+1	0
• I don't overreact to situations (e.g. no "negligent discharges")	+1	0
• I have a good appetite and eat regularly	+1	0
• my mood is usually stable and positive	+1	0
• under pressure I can effectively solve problems and make decisions	+1	0
• I can focus and concentrate well	+1	0
• my memory is good	+1	0
• my hands are calm and steady	+1	0
(Each "Yes" = 1 point; Total score and plot) Total:		

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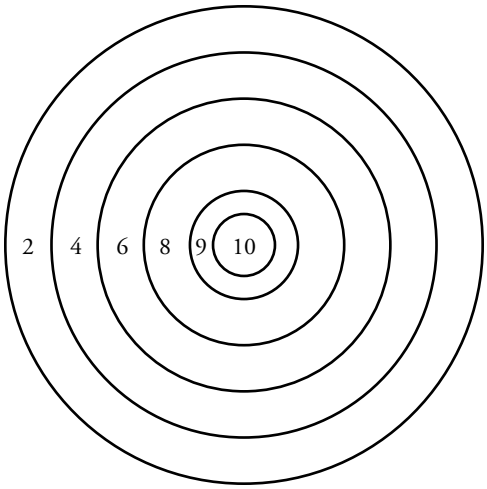
MIND TACTICS (MT) SHOT



Module Mastery Assessment										
Rate my:	Non-Mastery ←									→ Mastery
• knowledge of my pre-existing self-defeating thoughts and images	1	2	3	4	5	6	7	8	9	10
• awareness of physical activation states (e.g. Zone – Red, Yellow, Green, White)	1	2	3	4	5	6	7	8	9	10
• ability to transition to appropriate CR Zones using Mind Tactics Strategies	1	2	3	4	5	6	7	8	9	10
• ability to challenge/replace self defeating internal dialogue	1	2	3	4	5	6	7	8	9	10
• ability to challenge/replace self defeating internal imagery	1	2	3	4	5	6	7	8	9	10
• ability to use visualization to improve performance "Get in the Zone"	1	2	3	4	5	6	7	8	9	10
• ability to engage in daily CR processing strategies "Empty the barrel"	1	2	3	4	5	6	7	8	9	10

On an average day: ("Plot your shot")	Yes	No
• I am able to keep my mind from wandering	+1	0
• I can easily walk away from CR activating events and not think about them later	+1	0
• I can easily shut my mind off when I lay down to go to bed	+1	0
• I am able to control my CR activation process (No "negligent discharges")	+1	0
• even on deployment, I am able to stay on track with the goals in my life	+1	0
• when focusing on a task I can filter out external distracters	+1	0
• I can easily let go of intrusive thoughts that enter my mind	+1	0
• I can "clear the mechanism" prior to a performance based event (e.g. shooting)	+1	0
• I am focused during my work out/out on missions	+1	0
• my mind/body are in the Green/White CR Zone when not on mission	+1	0
(Each "Yes" = 1 point; Total score and plot) Total:		

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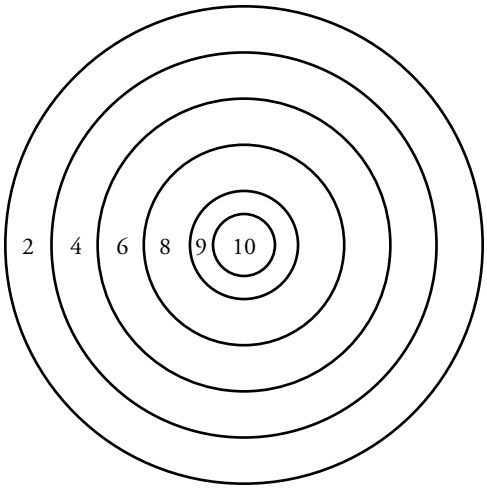
PERFORMANCE-BASED NUTRITION (PR) SHOT



Module Mastery Assessment										
Rate my ability to:	Non-Mastery ← → Mastery									
• to eat more and smaller meals throughout the day or utilize healthy snacking options when meals are not available	1	2	3	4	5	6	7	8	9	10
• to avoid nicotine and other stimulants	1	2	3	4	5	6	7	8	9	10
• to research supplements and their positive and negative effects before starting	1	2	3	4	5	6	7	8	9	10
• to monitor the sizes of my portions	1	2	3	4	5	6	7	8	9	10
• to eat 3 to 4 servings of fruits and vegetables every day	1	2	3	4	5	6	7	8	9	10
• to avoid fried foods	1	2	3	4	5	6	7	8	9	10
• to eat complex carbs and unsaturated fats	1	2	3	4	5	6	7	8	9	10

On average: ("Plot your shot")	Yes	No
• I have energy throughout most of the day	+1	0
• I can focus and concentrate on tasks at hand	+1	0
• my mood is positive and stable	+1	0
• I am able to maintain myself according to my military branch's weight standards	+1	0
• I feel awake most of the day and rarely experience "crashes"	+1	0
• my body is responding to my workouts and getting physically stronger	+1	0
• I have good endurance and stamina in the gym/on missions	+1	0
• I rarely get headaches	+1	0
• I am able to easily fall and stay asleep	+1	0
• I am happy with my current level of fitness	+1	0
(Each "Yes" = 1 point; Total score and plot) Total:		

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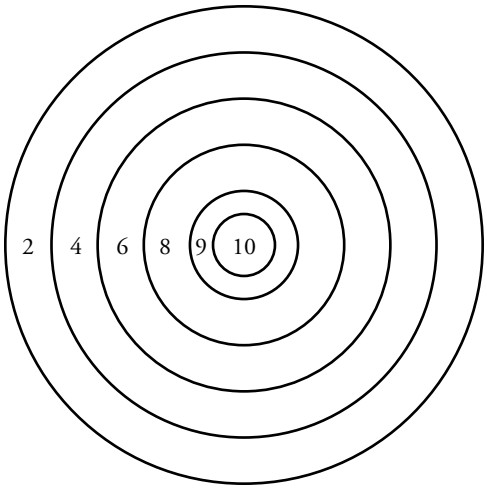
PRIMAL FITNESS (PF) SHOT



Module Mastery Assessment										
Rate my ability to:	Non-Mastery ←									→ Mastery
• engage in a fitness routine at least 4 times per week	1	2	3	4	5	6	7	8	9	10
• overcome obstacles that prevent me from reaching my fitness goals	1	2	3	4	5	6	7	8	9	10
• engage in a fitness program that is in line with my job requirements	1	2	3	4	5	6	7	8	9	10
• incorporate a functional fitness program into my exercise routine	1	2	3	4	5	6	7	8	9	10
• engage in anaerobic "high intensity" workout 2-3 times per week	1	2	3	4	5	6	7	8	9	10
• set realistic fitness goals and achieve them	1	2	3	4	5	6	7	8	9	10

I: ("**Plot your shot**")	Yes	No
• feel energized most of the day	+1	0
• am able to fall and stay asleep in a reasonable amount of time	+1	0
• am able to maintain my BMI	+1	0
• am able to keep up with my team on patrol	+1	0
• am able to focus and concentrate on tasks when at work	+1	0
• am able to carry the prescribed combat load with little difficulty	+1	0
• feel good about the physical shape that I am in	+1	0
• am able to perform in my MOS effectively	+1	0
• am able to reach my fitness goals with little difficulty	+1	0
• feel relaxed and am not "on edge"	+1	0
(Each "Yes" = 1 point; Total score and plot) Total:		

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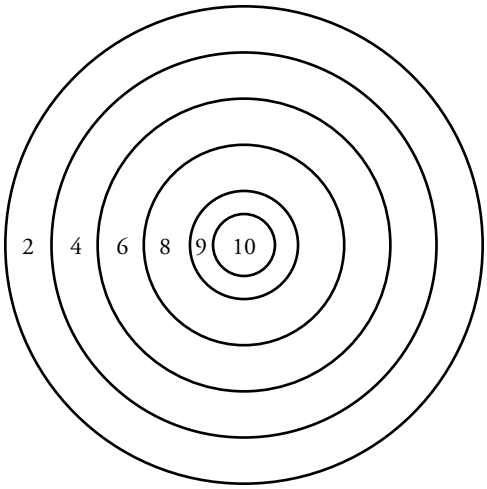
PURPOSE (P) SHOT



Module Mastery Assessment										
Rate my ability to:	Non-Mastery ← → Mastery									
• identify my "Y" (aka purpose)	1	2	3	4	5	6	7	8	9	10
• use my "Y" to overcome challenges	1	2	3	4	5	6	7	8	9	10
• look at life challenges as an opportunity to grow and become stronger	1	2	3	4	5	6	7	8	9	10
• maintain momentum towards my goals while deployed	1	2	3	4	5	6	7	8	9	10
• find time to engage in activities that remind me of my "Y"	1	2	3	4	5	6	7	8	9	10

On average: ("Plot your shot")	Yes	No
• I am able to overcome "Groundhog days"	+1	0
• I remain motivated throughout the day	+1	0
• when faced with set-backs I can easily work through them	+1	0
• I am able to overcome discomfort and push through pain	+1	0
• I feel that I play a role in something bigger	+1	0
• I find worth in what I do	+1	0
• I am courageous in the face of battle	+1	0
• even if I'm not doing the job I was trained for, I know I am contributing to our mission	+1	0
• I am proud to serve in the U.S. military and committed to fight for freedom	+1	0
• I will give my life, without hesitation, for those around me	+1	0
(Each "Yes" = 1 point; Total score and plot) Total:		

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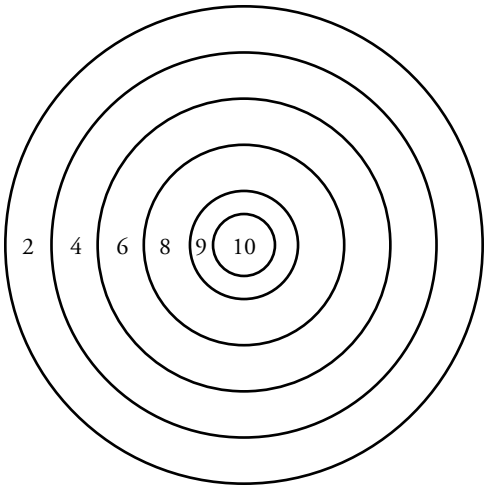
CODE (C) SHOT



Module Mastery Assessment										
Rate my:	Non-Mastery ←									→ Mastery
• ability to lead appropriately from my assigned position	1	2	3	4	5	6	7	8	9	10
• ability to motivate and care for my teammates	1	2	3	4	5	6	7	8	9	10
• ability to foster teamwork and cohesion	1	2	3	4	5	6	7	8	9	10
• ability to live by U.S. Uniformed Services values	1	2	3	4	5	6	7	8	9	10
• ability to manage my emotions in difficult leadership scenarios	1	2	3	4	5	6	7	8	9	10
• receptiveness to critical assessments of my leadership style	1	2	3	4	5	6	7	8	9	10

My leadership/fellow Warfighters describe me as: ("Plot your shot")	Yes	No
• a team player	+1	0
• calm and focused under pressure	+1	0
• a Warfighter who takes care of his comrades	+1	0
• a good follower of orders	+1	0
• a Warfighter who sacrifices his/her needs for the good of others	+1	0
• a Warfighter who leads from the front and by example	+1	0
• a Warfighter who inspires and motivates those around him	+1	0
• a Warfighter who thrives on feedback and self improvement	+1	0
• a Warfighter who is committed to the U.S. military and its mission	+1	0
• patient and willing to listen	+1	0
(Each "Yes" = 1 point; Total score and plot) Total:		

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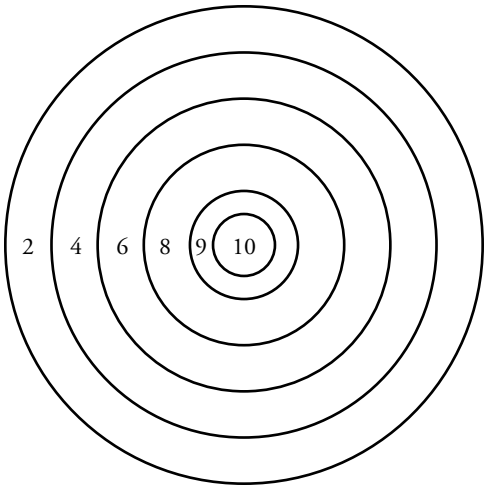
RECHARGE (R) SHOT



Module Mastery Assessment										
Rate my ability to:	Non-Mastery ←									→ Mastery
• maintain a consistent sleep routine 1 hr prior to bed	1	2	3	4	5	6	7	8	9	10
• reduce the use of stimulants 4-5 hours prior to bedtime	1	2	3	4	5	6	7	8	9	10
• reduce activating activities 1 hr prior to bed (e.g. video games, TV, etc.)	1	2	3	4	5	6	7	8	9	10
• reduce overall mind activation (e.g. clear the mechanism) prior to bedtime	1	2	3	4	5	6	7	8	9	10
• reduce overall body activation (e.g. fitness, hot shower) prior to bedtime	1	2	3	4	5	6	7	8	9	10
• engage in Controlled Breathing strategies to assist with sleep	1	2	3	4	5	6	7	8	9	10

On average: ("Plot your shot")	Yes	No
• I can fall asleep fairly quickly	+1	0
• once asleep, I sleep throughout the night (except for bathroom breaks)	+1	0
• If I do wake during the night, I can fall back asleep fairly quickly	+1	0
• I can sleep without experiencing nightmares	+1	0
• I can sleep without medication	+1	0
• I can sleep without tossing and turning	+1	0
• I am able to block out outside noise that might wake me	+1	0
• I don't experience any unprovoked startling wakeups during the night	+1	0
• I feel rested upon waking	+1	0
• given the ops tempo, I am able to get an adequate amount of sleep	+1	0
(Each "Yes" = 1 point; Total score and plot) Total:		

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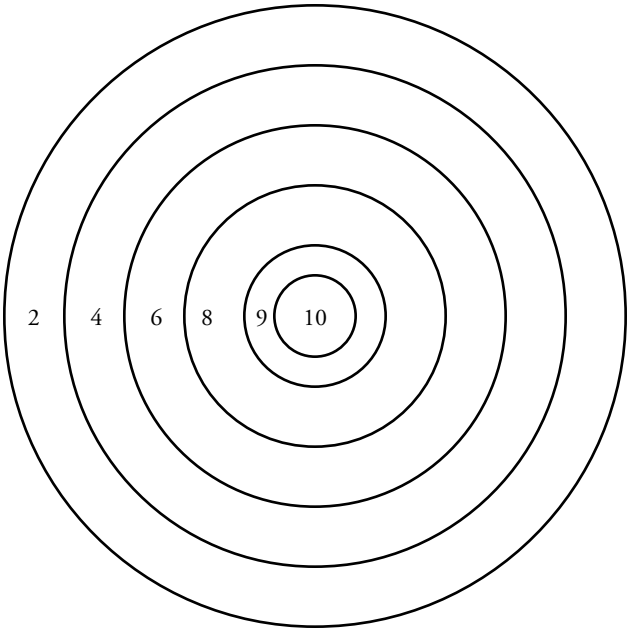
SHOT GROUP

(Transfer individual shots to this shot group target)



Module Mastery Assessment		
Modules:	**Transfer Score:**	**Focus your attention on the module with the lowest score first**
Controlled Response (CR) Module		
Mind Tactics (MT) Module		
Performance-Based Nutrition (PN) Module		
Primal Fitness (PF) Module		
Purpose (P) Module		
The Code (C) Module		
Recharge (R) Module		

Instructions: Once you've transferred your scores from your Module shots (e.g., Purpose, Mind Tactics, etc.) and plotted your shot group on the target above, select the Module with the lowest score/farthest shot from the bullseye. This is the Module you will focus the majority of your attention on.

Again, continue to use this system on a regular basis to keep you at your peak level of performance.

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